

AUGUST 2023

MONTHLY NEWSLETTER

Official Newsletter Hemp Paradox.

Reconnect back to Nature.

BY HEMP PARADOX

The importance of reconnecting with nature is the way it lets us gain access to so many kinds of natural resources.

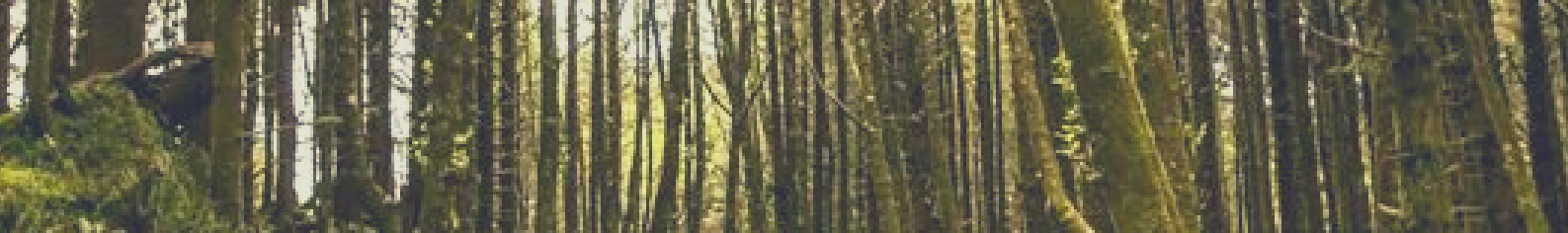


There are plenty of reasons behind reconnecting with your inner self to bring clarity and focus back to your life once again: It allows you to remain calm and collected in moments of chaos It lets you rid yourself of those overwhelming feelings you struggle with, It brings you back to the safety of reality



Nature Heals
The health benefits of CBD improves better immune function, stress, improved mood and better sleep.

You can't ignore what this medicinal plant has to offer!



CBD for Mental Health

BY HEMP PARADOX

Can it help?

One of the likely reasons CBD is getting attention for mental health application is its ability to support optimal sleep routines and its anti-psychotic properties.

Especially when partnered with melatonin, our body's natural sleep hormone, it can help us to maintain a healthy sleep pattern, which, in turn, makes us feel better mentally and physically.



Martin A - May 12, 2022



Great product! Helps me with stress and insomnia. I recommend it.

"Make your mental health a proirity ."

HEMPPARADOX.COM

Mental Health Is Becoming More Widely Accepted

As mental health awareness is becoming a more commonplace and less of a taboo, thanks, in part, for the World Mental Health Day, people are beginning to explore the mental health options available to them. Therapy, medications, and emerging health and wellness methods have recently experienced a dramatic increase in acceptance. Gone are the days of hiding or ignoring mental health issues. And we are on board with this new level of acceptance and interest.

With so many new options and methods coming to light, it only makes sense that some of that attention has turned towards CBD. Although research is still very much in its infancy, many wonder if there could be a connection between CBD and mental health – particularly as part of a smart, daily care routine to maintain well-being.

Hemp Food

BY HEMP PARADOX

There are many other benefits of hemp foods: They control hormone levels, normalize stomach acid, help the muscles of body organs to contract, break down cholesterol, regulate blood pressure, maintain normal body temperature and aid in fat metabolism and transportation. They also facilitate brain development and improve its functioning.



Cedar and Hemp Seed Jam

Ingredients: cedar (pulp and peel), shelled hemp seeds, lemon juice and sugar. Made with fresh fruit: without pectin.

So Delicious

The benefits of hemp seeds include improving symptoms of arthritis and joint pain, improving heart and digestive health, promoting hair, skin and nail health, and boosting the immune system.

"Bring
Hemp into
you everyday
life."

Hemp
Nature's
Perfect
Food.

Hemp Burger



Ingredients

- 75g shelled hemp seeds (1/3 cup)
- 175g shelled sunflower seeds (2/3 cup)
- 2 beetroots (slightly smaller than tennis ball size each)
- 1 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1 heaped teaspoon dried parsley
- Pinch of black pepper
- 1 tablespoon ground coriander
- 2 teaspoons onion powder
- 1 tablespoon coconut cream
- 3 tablespoons of hemp seeds (keep separate from the first lot above)
- 3 tablespoons of sunflower seeds (keep separate from the first lot above)
- 4 tablespoons of oatmeal

Instructions

1. Grind 75g of hemp seeds and 175g of sunflower seeds down to a coarse meal consistency. You can use a nut/seed mill, food processor, power blender for this. See the video to note how I do it with my food processor.
2. Grate two beetroots. It's fine to leave the skin on beets (I always do), as long as you take the rough bit off at the top of the neck.
3. Put the ground seeds and grated beetroot into a food processor. Add the salt, cumin, parsley, pepper, ground coriander and onion powder. Blend processor for a few seconds to bring everything together. It should be a rustic blend (not a puree). If you have a small processor you might have to do it in batches. This also works with a hand-blender (although a bit more effort and bland unblocking of the blade required).
4. Transfer to a large mixing bowl and add in the coconut cream, oatmeal, and final 3 tablespoons of whole shelled hemp seeds and 3 tablespoons of sunflower seeds. Mix everything together with a spoon until everything is evenly combined.
5. Shape into patty shapes. The mixture will be really moist (see video) although it should hold together easily. (If you don't have a food processor and your mix is really chunky, then be sure to press it all firmly together.)
6. You can pop these in the fridge until you are ready to cook them. Putting them in the fridge will also help them to firm up a little (although it's not essential). If you want to stack them into more than one layer (i.e. in a container) then separate them with parchment paper.
7. When ready, carefully place them onto a wire grill tray. See video. Note: If you are in the USA, then by grilling I mean broiling. Grill under a medium to low heat for about 10 minutes on each side, or until nicely tanned. Take care to be gentle when turning over - they hold together well, but you can't be rough with them either.
8. These Hemp & Beet burgers partner really well with my Tahini Sauce
9. Enjoy and let me know how you get on!

Hemp & Pumpkin Seed Flapjack



Ingredients

- 100g soft pitted dates (about 12 dates)
- 100ml coconut oil (0.42 cups)
- 1 tablespoon ground flaxseeds
- 2 tablespoons water
- 1 teaspoon almond essence
- 150g gluten-free oats (1 1/2 cups)
- 3 tablespoons shelled hemp seeds
- 1 tablespoons pumpkin seeds
- 3 tablespoons ground almonds
- 2 teaspoon ground cinnamon

Instructions

1. If your dates are not soft, then soak them ahead of time for at least a couple of hours (until you can easily press and compact them with your fingers).
2. Melt the coconut oil and blend with the soft dates, ground flaxseeds, water and almond extract. This will form a smooth puree.
3. Mix all ingredients together, with the blended puree from step 1. Combine thoroughly with a spoon. Use your hands if it helps.
4. Line a small loaf tin with parchment paper and compact the mixture down really firmly into it.
5. Bake on gas mark 6 (200C or 400F) for about 20 minutes (or until slightly tanned on top).
6. Allow to cool.
7. Slice with a sharp heavy knife and enjoy!

Garlic and Dill Hemp Cheese



Ingredients

- 1 cup hulled hemp seeds
- 2 garlic cloves
- 3 tbsp. lemon juice about 1 lemon
- 2 tbsp. unflavored almond or soy milk
- 2 tbsp. chopped fresh dill
- ¼ tsp. salt

Instructions

1. Place hemp seeds in food processor. Blend to a thick paste, stopping to scrape down the bowl as needed. Blending may take a few minutes.
2. Add garlic and lemon juice. Blend some more. The seeds should form into a thick, glossy mass.
3. Add milk, dill and salt. Blend to a smooth, creamy cheese.

Recipe Notes

Makes about ⅔ cup.



Ingredients

- 150ml (2/3 cup or about 6 fl oz) hemp oil
- 75ml (1/3 cup or about 3 fl oz) raw apple cider vinegar
- Full handful of fresh parsley
- Half a teaspoon sea salt
- 1 heaped teaspoon jarred mustard
- Half an apple
- 1 clove of garlic

Instructions

- Crush the garlic and remove the skin.
- Chop apple into chunks.
- Blend ingredients together.
- Store in a glass bottle or jar.
- This serves beautifully on salad and keeps in the fridge for at least a week.

**NATURE IS
SO SMART
IT PUT
MEDICINE
INSIDE
FOOD**

**Hope you
enjoyed our
Newsletter till
next time.**